

# NEWS

*From the Office of*

## Brad Mitzelfelt

Supervisor, First District  
San Bernardino County

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### **Mitzelfelt Joins Colleagues in Pushing for Student Physical Fitness**

SAN BERNARDINO – San Bernardino County First District Supervisor Brad Mitzelfelt today announced that he would join Governor Arnold Schwarzenegger in encouraging local students to improve their health and physical fitness.

“When I became First District Supervisor last month, I announced that supporting the quality of life of our residents would be a top priority for me,” said Supervisor Mitzelfelt. “Health and physical fitness, coupled with recreational amenities, are key components to quality of life.”

Supervisor Mitzelfelt proposed offering incentives to local schools in the form of financial support to each of the top five schools from the First Supervisorial District participating in the Governor’s Challenge.

The Governor’s Council on Physical Fitness and Sports is a non-profit, non-partisan organization dedicated to promoting physical activity for all Californians, with an emphasis on children and youth. “Children involved in regular physical activity build healthier bones and muscles and reduce their risk of diseases such as diabetes and obesity,” said Mitzelfelt. In addition, physical activity and fitness have been shown to be highly correlated with academic success.

One of the core initiatives of the Council on Physical Fitness is the Governor’s Challenge. The Challenge is a competition among California schools, with the goal of establishing early habits of physical activity in California’s youngest citizens. Schools with the highest percentage of students who complete the Governor’s Challenge will be named regional award winners and each will receive \$1,000. These winners will be finalists for the grand prize of a new fitness center valued at \$100,000. The Governor’s Challenge continues until May 31, 2007.

In support of the Governor’s Challenge and the long-term benefits of teaching the next generation the importance of exercising daily and eating healthy foods, Supervisor Mitzelfelt has proposed to expand the challenge program locally by awarding the top five participating schools in the First District with funds to be used to purchase physical activity equipment. Mitzelfelt joins Second District Supervisor Paul Biane and Fifth District Supervisor Josie Gonzales who are also implementing a similar program in their districts. Each district will allocate \$12,000 to be distributed as follows:

- \$5,000 to the district school with the highest percentage of students who complete the Governor’s Challenge
- \$3,000 to the district school with the next highest percentage
- \$2,000 to the third ranked district school, and
- \$1,000 each to the fourth and fifth ranked district schools